

---

# Fun with Fruit and Vegetables®

---

A Video Module Nutrition Education Program  
for Seniors



---

# Fun with Fruit and Vegetables

## A Video Module Nutrition Education Program for Seniors

### Introduction for the Leader

Older Americans face complex issues affecting their nutritional status. Many seniors have recently experienced a change in their living situation. Relocation from a home to a senior housing site, loss of a spouse, changes in health status, difficulty in getting around, food access, and having enough money to buy the foods seniors need are some of the many issues that have a negative effect on nutrition. It is important that seniors eat a wide variety of foods that are in keeping with their budgets, health promotion goals and their medical needs.

*Fun with Fruit and Vegetables* is one video in the set of nutrition education video modules produced by the Senior Nutrition Awareness Project (SNAP). The modules are designed to give limited income, Food Stamp eligible seniors the basic tools they need to help them eat a variety of healthy, low cost foods that are easy and fun to prepare and meet their health needs.

These videos are produced through a collaboration with the Town of Groton (Connecticut) Department of Social Services and the Groton Public Library. The videotapes are aired regularly on cable television, to a viewing audience that is largely low income and elderly. The videos are also used in community based nutrition education programming. In addition, the videotapes are made available for home viewing through the Groton Public Library.

The following summary has been developed to help leaders use the video in a variety of settings including senior centers, senior housing sites, or other pre-formed groups of seniors. The toll free, SNAP hotline is available for seniors to request additional recipes, information sheets, or individually tailored nutrition support materials.

---

### Getting Ready

1. Advertising/Announcements. At SNAP we find that making flyers to advertise the video program helps boost attendance. At senior housing sites you might also want to put a reminder in each person's mailbox or under their door the night before the program. A sample flyer is included in Appendix A: Supplementary Materials.
2. Handouts. SNAP has developed a handout, *Eat 5-A-Day*. Several recipes accompany the video. These can be found in Appendix A and duplicated for program participants. (If you are unable to make copies, call SNAP at 1-800-595-0929 for a set).
3. If time and resources allow, make the video a social event with snacks and juice or seltzer. Some healthy snack ideas and easy recipes you might try are included in Appendix A.

### Showing the Video

1. Pass out the handouts (see Getting Ready #2). Encourage the group to look through the handouts and follow along with the video.
2. Introduce the video program and topic:
  - *Today's program, Fun with Fruit and Vegetables, is brought to you by the Senior Nutrition Awareness Project, SNAP. SNAP is a free nutrition education and resource program for limited income seniors in Connecticut and Rhode Island. SNAP is a collaborative program between the University of Connecticut and the University of Rhode Island, and is funded by the USDA Food Stamp program.*
  - *In the video you will hear the presenter(s) talk about the toll free hotline. Please feel free to call SNAP directly for information or help with any nutrition questions you might have.*
  - Use these questions to start a short discussion on fruits and vegetables.

*Do you eat fruits and vegetables everyday? Do you know how many to have a day?*

*Why is it important for seniors to eat fruit and vegetables?*

*What things make it hard for seniors to eat fruits and vegetables?*

- *The presenter in today's video is going to show us some ways to eat more fruits and vegetables.*

### 3. View the tape, *Fun with Fruit and Vegetables*

#### Post Video Discussion

A follow-up discussion will help viewers to take action in implementing the recommendations mentioned in the video. The list of possible discussion questions below helps the participants reiterate some of the most important elements of the *Fun with Fruit and Vegetables* video. These questions can also be used to help you evaluate the program.

To keep the program to an enjoyable length, you may want to limit the discussion to 10 or 15 minutes.

1. *What is the most important thing you learned from the video that you did not know before?*
2. *Based on what you saw in the video do you feel you know easy ways to eat more fruit and vegetables?*
3. *What changes will you make in your food choices to make sure that you eat at least three vegetables and two fruits each day?*
4. *Was there anything talked about in the video that surprises you? Were you surprised about the amount and serving sizes?*
5. *What are some of the important nutrients in fruit and vegetables? Why are these nutrients important for seniors?*

If there is not much response from the questions, you can ask them specifically about the below information:

- Eating more than five fruit and vegetables a day is better for you, but five is a wonderful start!
- Fruit and vegetables that are dark green, orange and red in color have more nutrients in them.
- The serving size for fruit is 1 medium piece of fruit (the size of a baseball),  $\frac{1}{2}$  cup canned fruit,  $\frac{1}{4}$  of a cup of dried fruit and  $\frac{3}{4}$  a cup of 100% juice.
- The serving size for vegetables is 1-cup raw leafy greens or salad,  $\frac{1}{2}$  cup raw or cooked vegetables,  $\frac{3}{4}$  a cup of vegetable juice.
- If your blood pressure is a concern for you, choose low sodium vegetable juice and low sodium canned items.
- Instead of drinking 100% fruit juice, eat the whole fruit to increase your fiber.
- You can get your vegetables frozen, fresh or canned.
- The best way to clean fruits and vegetables is with a vegetable brush. These can be purchased at most grocery stores. Please do not wash produce with soap.
- Cut down on fat when sautéing vegetables, use non-stick-cooking spray or a light rub of oil in place of butter or margarine.
- Adding dried or fresh fruit to cereals can help you reach the five a day goal.
- A green salad at lunch or dinner is another way to work towards the five a day goal.
- Carry dried fruit or fresh fruit as a snack when you are away from home.

---

# Fun with Fruit and Vegetables

---

## Appendix A: Supplementary Materials

- Video Advertising Flyer
- Snack Ideas and Recipes:

Jazzy Juice

Easy Snack Recipes

- Handouts:

Eating 5 A Day – For Better Health

Scrambled Eggs and Greens

Vegetable Soup

Berry Bread Pudding

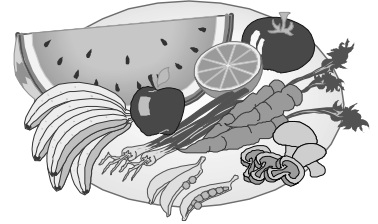
Pumpkin Soup

---

# Fun with Fruits & Vegetables

A fun video cooking show just for Seniors.

- Learn why vegetables and fruits are important for seniors.
- Learn some tips and recipes to make eating more fruits and vegetables easy.
- Sample a recipe from the show.



**Where:**

**When:**

Call for more information \_\_\_\_\_

# Jazzy Juices! ©

1. Combine seltzer water with your favorite juice or the juice combinations suggested below. It will liven up your drink AND you can count each half cup of fruit juice as serving of fruit toward your 5 servings of fruits and vegetables each day!
2. Try combining juices for extra zing packed with energy, vitamins and minerals.

## Mix **ORANGE JUICE** with:

- \* Apple juice
- \* Cranberry juice
- \* Pineapple juice
- \* Unsweetened grapefruit juice
- \* Unsweetened grape juice



## Mix **GRAPEFRUIT JUICE** with:

- \* Apple juice
- \* Cranberry juice
- \* Unsweetened grape juice



## Mix **APPLE JUICE** with:

- \* Pineapple juice
- \* Cranberry juice



Family Nutrition Program



Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964.

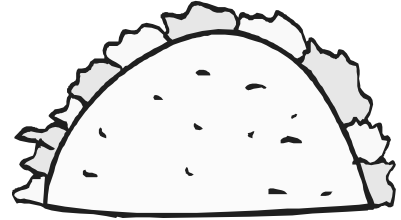


# Easy Snack Recipes<sup>©</sup>

Serve with 100% juice or low-fat milk

## Pita Pocket Sandwiches

1 Whole Wheat pita pocket  
¼ cup of low-fat Ricotta Cheese  
½ cup sliced peaches (fresh or canned in juice)  
Sprinkle of cinnamon



Slice pita bread into two circles. Spread ricotta cheese on one circle. Place peach slices on top of ricotta cheese then sprinkle with cinnamon. Cover with the other circle of the pita pocket and cut into four wedges.

## Easy Vegetable Dips

1 cup non-fat sour cream + 1 cup non-fat yogurt  
Mix together and add a favorite seasoning:



### **Herb Dip**

Add herb salt substitute to taste. Serve with vegetables or crackers.

### **South of the Border Dip**

Add ½ -1 cup salsa. Serve with baked tortilla chips, crackers or bite sized vegetables.



### **Creamy Dill Dip**

Add 2 tablespoons dried dill or 4 tablespoons fresh. Serve with cucumber slices. Add a few tablespoons of water and use as a creamy salad dressing.

## Peachy Cooler

1½ cups skim or low-fat milk  
½ cup fresh, ripe or canned peaches and juice, crushed  
1½ teaspoon lemon juice



Mix ingredients and blend well. Serve cold. Sprinkle with nutmeg if you like.

## Banana Shake

1 medium bananas  
2 cups skim or low-fat milk

Mash bananas. Add to the milk. Beat with a blender or eggbeater until smooth.



## Strawberry Shake

1 4-ounce package of frozen strawberries or 1/2 cup fresh berries  
2 cups skim or low-fat milk  
1/4 cup orange juice

Mash berries; Blend with milk and orange juice. Serve chilled over ice.

## Yogurt Shake

1 cup plain yogurt  
1/2 cup orange or apple juice  
1 teaspoon sugar or honey  
4 ice cubes

Crush the ice cubes in a blender or put them in a double plastic bag and pound lightly with a mallet or wood spoon. Mix the crushed ice with the yogurt, juice and sweetener in a blender or with an eggbeater. Mix together well.

## Munch Mix

Mix some of these together in a bowl:

Nuts (try any you like: peanuts, walnuts, mixed nuts)



+

Dried Fruit, (try raisins, prunes, apricots, dates, or pineapple)

+

Popcorn (air popped or low fat microwave)



Family Nutrition Program



Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964.

# Eating 5 A Day<sup>®</sup>

## For Better Health!

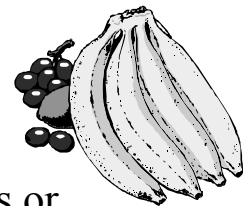
Eating 5 A Day means eating 3 servings of vegetables and 2 servings of fruit every day.

Serving sizes are:  $\frac{1}{2}$  cup of vegetable or fruit  
 $\frac{1}{4}$  cup of dried fruit  
4-6 ounces of 100% fruit or vegetable juice

Here are some quick and easy ideas to help you eat 5 A Day!

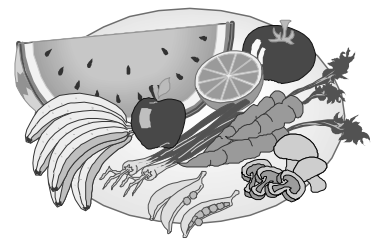
### Breakfast:

- Drink a glass of 100% fruit juice.
- Top your cereal, pancakes or waffles with sliced bananas, berries or raisins.
- Make a fruit sandwich by adding some sliced berries or bananas to a thin spread of cream cheese on your bagel.



### Lunch:

- Eat a piece of fruit like an apple, banana, orange or a can of cut-up fruit.
- Replace French fries or potato chips with cut-up veggies.
- Have vegetable soup or salad.
- Add vegetables to your sandwich.



### Dinner:

- Use vegetables as the main course; try stir-fries and vegetable stews.
- Microwave vegetables and sprinkle them with a little bit of Parmesan cheese.
- Try a new vegetable or fruit in your green salad.

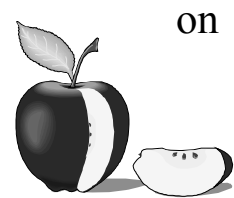
### **Snack Ideas:**

- Keep fresh fruit handy.
- Try different types of dried fruit – ¼ cup is a serving.
- Drink 100% fruit juice with seltzer instead of soda.
- Add fresh or canned fruit such as bananas, peaches or applesauce to plain or vanilla yogurt.
- Keep raw vegetables or cut fruit in the fridge such as baby carrots, to munch on.



### **Dessert Ideas:**

- Have a fruit topping, such as strawberries or pineapple frozen yogurt.
- Add chopped or mashed fruit or berries to muffins, quick breads and cakes.
- Bake apples in the microwave, top with plain or vanilla yogurt; sprinkle with cinnamon for a warm dessert.



### **When Eating Out:**

- Choose vegetable soup or salad instead of french fries.
- From the salad bar choose lots of vegetables and top with a low-fat or non-fat dressing.



Family Nutrition Program



Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964.

# Scrambled Eggs & Greens<sup>©</sup>

Makes 2 - 3/4 cup servings

2 tablespoons chopped onions  
1 garlic clove, minced  
1/2 cup coarsely chopped spinach  
3 tablespoons water, divided  
1 egg  
1 egg white

1/2 teaspoon Dijon Mustard  
1/2 teaspoon freshly ground  
black pepper  
1/4 cup shredded low-fat  
Monterey Jack cheese

Coat a large no-stick frying pan with no-stick spray. Warm over medium heat for 1 minute. Add the onions and garlic. Cook, stirring frequently, for 2 to 3 minutes, or until tender. Add the spinach and 1 tablespoon of the water. Cook, stirring frequently, for 5 minutes, or until the greens are wilted and the water has evaporated.



While the greens are cooking, in a medium bowl, whisk together the egg, mustard, pepper and 2 tablespoons water.

When the greens are wilted move them to the side of the pan. Add the egg mixture; cook, stirring with a spatula, for 3 minutes, or until soft. Stir in the greens and Monterey Jack cheese. Cook for 30 seconds, or until the cheese begins to melt and the eggs are firm.

## Nutrition Facts

Serving Size 3/4 cup  
Servings Per Container 2

Amount Per Serving

**Calories** 140    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 4.5g    **22%**

**Cholesterol** 125mg    **42%**

**Sodium** 320mg    **13%**

**Total Carbohydrate** 2g    **1%**

Dietary Fiber 0g    **0%**

Sugars 1g

**Protein** 15g

Vitamin A 20%    •    Vitamin C 6%

Calcium 30%    •    Iron 4%



University of  
Connecticut



UNIVERSITY OF  
Rhode Island



# Quick Vegetable Soup<sup>®</sup>

Makes 4 servings, 1 cup each

Try a cup of this easy homemade soup. Regular canned soups can have more than four times the sodium found in this recipe.



16-ounce can tomatoes, broken up  
13-3/4-ounce can vegetable or chicken  
broth, low salt  
1 tablespoon onion, chopped  
1 cup canned beans, drained  
and rinsed\*  
10-ounce package frozen mixed  
vegetables  
1/4 teaspoon thyme leaves  
1/8 teaspoon pepper  
1/8 teaspoon salt

## To Prepare:

1. Combine tomatoes and broth.  
Heat to boiling.
2. Add onion; simmer for 5 minutes.
3. Add remaining ingredients.  
Cover and cook over low  
Heat until vegetables are  
tender, about 10 minutes.

\*Try small white beans, kidney beans,  
black beans, soy beans, black-eyed peas or any canned bean.

You can freeze any leftover beans that you do not use in this recipe.

## Nutrition Facts

Serving Size 1 Cup  
Servings Per Container 4

### Amount Per Serving

**Calories** 170    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1.5g    **2%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 360mg    **15%**

**Total Carbohydrate** 33g    **11%**

Dietary Fiber 10g    **38%**

Sugars 7g

**Protein** 9g

Vitamin A 80%    •    Vitamin C 25%

Calcium 6%    •    Iron 8%



University of  
Connecticut



UNIVERSITY OF  
Rhode Island

Family Nutrition Program



1-800-595-0929

Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964.

# Berry Bread Pudding<sup>©</sup>

Makes 2 - 1 cup servings

1 1/2 cups frozen berries, thawed\* (blueberries, sliced strawberries, & raspberries work well)

4 to 5 slices soft, whole wheat bread, crusts removed

1/2 tsp. sugar, optional

Low fat vanilla yogurt, optional



Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Layer over the berries enough bread to cover the bottom and sides of the dish. Spoon in most of the berries. Add another layer of bread and continue until the dish is full, finish off with a layer of bread.

Place a plate or bowl over the top of the soufflé dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers. Refrigerate overnight. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.)

Serve with a dollop of vanilla yogurt or a Sprinkle of powdered sugar.

\*In the summer fresh berries can be used.

\*To make the pudding sweeter, combine berries with sugar before layering.

## Nutrition Facts

Serving Size 1 cup

Servings Per Container 2

### Amount Per Serving

**Calories** 190

Calories from Fat 25

### % Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0.5g **3%**

**Cholesterol** 0mg **0%**

**Sodium** 300mg **12%**

**Total Carbohydrate** 40g **13%**

Dietary Fiber 8g **31%**

Sugars 12g

**Protein** 6g

Vitamin A 2%

• Vitamin C 40%

Calcium 6%

• Iron 15%



University of  
Connecticut



UNIVERSITY OF  
Rhode Island



Senior  
Nutrition  
Awareness  
Project

1-800-595-0929

Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964.

# Pumpkin Soup<sup>©</sup>

High Fiber & Low Fat!

Makes 4 large servings

Blend until smooth:

- 1 15 oz. can white kidney beans
- 1 small onion
- 1 cup water

In a soup pot, mix pureed bean mixture with:

- 1 15 oz. can plain pumpkin
- 1 can low-salt chicken broth
- 1/2 teaspoon thyme
- salt and pepper (optional)

Cover and cook over low heat about 15-20 minutes, until warmed through.

## Special tips:

- \*Replace chicken broth with water or apple juice.
- Spice with cinnamon, nutmeg or allspice



## Nutrition Facts

Serving Size 1 1/2 cups

Servings Per Container 4

### Amount Per Serving

**Calories** 140    **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1.5g    **2%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 280mg    **12%**

**Total Carbohydrate** 25g    **8%**

Dietary Fiber 9g    **35%**

Sugars 5g

**Protein** 8g

Vitamin A 310%    •    Vitamin C 8%

Calcium 8%    •    Iron 10%



Affirmative action and equal opportunity employers and program providers. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202) 720-5964.